

**In the Specification:**

Please replace the paragraph beginning at page 9, line 25 with the following amended paragraph:

--Examples of suitable flavanolignans include silibin, silydianine, silychristine, silandrin and silyhermin. Such a flavanolignan can be made synthetically or extracted from plant material. Extraction can for example be performed by slurring a plant material in a polar solvent, filtrating the slurry and purifying the filtrate. A fluid according to the invention preferably comprises 0.1-8 g flavanolignans. Silibin is a particularly preferred flavanolignan. It is commercially available and can be made synthetically or extracted from a natural source. For example, *Silybum marianum* (milk thistle), and particularly the fruit thereof, is rich in silibin and other flavanolignans. A known commercially available milk thistle extract comprising silibin is silymarin. In a preferred embodiment, a fluid according to the invention comprises silymarin as a source of silibin or an extract that has been standardized on silymarin, in particular those that are normalized on 70% analogy to silymarin. It is found that silymarin or an analogous extract in a fluid according to the invention protects body cells against dehydrating conditions. This can be a very important aspect of the silymarin activity, not only for administration to subjects suffering from a medical disorder but also for healthy subjects, since especially during heavy exercise the immune system may be detrimentally affected. Preferably a fluid according to the invention comprises 0.2-10 g/l silymarin, providing approximately 0.1-8 g silibin. Silibin may also be extracted from any other plant material such as from sugar beet.--